



# MARITAL ADJUSTMENT AMONG WORKING AND NON-WORKING WOMEN

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**Abstract:** Marriage in reality is a way of living. It is not always full of roses; but its success depends upon adjustment on the part of both the partners involved. With the rise in the number of dual-career families, the adjustment and marital relationship are major challenges in most of the families. The aim of the present study was to find out the Marital Adjustment among working women and non-working women. This study was conducted on seventy-five working and seventy-five non-working women in Nasik city. To measure the marital adjustment of respondents, the Marital Adjustment Questionnaire prepared by Pramod Kumar and Kanchana Rohtagi was used. Results revealed that there is significant difference in marital adjustment among working women and non-working women.

**Keywords:** Marital Adjustment, working women, non-working women

## I. INTRODUCTION

Marriage is the most beautiful relationship that happens to everyone at some point of time. However, because of our immature attitude and impatience, most of us fail to keep the sparkle of married life alive. The adjustment of married mates is unlike any other human relationship, it may share many conditions of friendship groups. Peer groups, work groups or religious groups but the husband and wife relationship differs. Marriage, involving two sexes in physical proximity is public and binding in nature being publicity. Sanctioned, marriage becomes. More difficult to break being binding the members must act as unit and co-operation becomes essential. Every decision must take in to account the desire and wishes of the spouse and these forces determine the level of adjustment the nature of the interaction and degree of conflict. Marital adjustment is 'the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other (Thomas, 1977) [20]. Issues of work and family have always been important, but social changes in the institutions of both work and the family have interacted to increase their

saliency for adults in many societies. Marriage is a social security for all the individuals, i.e. society through marriage system provides security of needs and cares thereby its existence and prosperity is secured. Marriage is for pleasure, happiness and peace of mind on account of satisfaction through interactions with others, trust, understanding and fulfilling social obligations and enriching personality development. Marital adjustment is a process which is created during couples' life because it is necessary for taste conformity, person's traits recognition, behavioural rules creation and relational models' formation. Thus, marital adjustment is an evolutionary process between a couple. Marital adjustment has been related to personality, job & home stresses, mental illness, depression, education, sex role attitude, happiness and success in life. The present study is an attempt to investigate marital adjustment among working women and non-working women. Working women at present are more prone to marital adjustment problems because they have to work in two environments, one is the work environment and the other is home environment. Now-a-days, the proportion of the working women is increasing tremendously. It is very difficult to maintain a balance between the family life and her career. Marital adjustment calls for maturity that accepts and understand growth and development of the spouse. If this growth is not experience and realized fully, death in marital relationship is inevitable. A relationship between couples is not instantaneous rather a slow progress. It is like the underlying cancer that kills silently and softly. The present study has been undertaken to study the marital adjustment among women.

The process by which married couples attain mutual gratification and achieve common goals while maintaining an appropriate degree of individuality.

Especially important to marital adjustments are:

- (a) The sharing of experiences, interests, and values;
- (b) Respect for the partner's individual needs, aims, and temperament;
- (c) Maintenance of open lines of communication and expression of feeling;
- (d) Clarification of roles and responsibilities;
- (e) Cooperation in decision making, problem solving, and rearing of children; and
- (f) Attainment of mutual sexual gratification.

Marriage partners are sharing marital responsibilities to a greater degree today than in the past. As a result the respective role expectations between husbands and wives are becoming more flexible and functional. Decision making has become more democratic, especially among dual income couples. There is tendency for the person with the greatest competency, interest or time to perform a given task.

A major area of marital adjustment for many couples concerns the wife's employment outside the home. In one survey, three-fourths of the wives either strongly favoured the wife working outside the home or felt neutral about it; only 25 % of the women opposed the idea. Even though husbands of working wives help out around the house more than husbands of full-time homemakers, their contribution is not impressive. Landis (1954) writes, "Marriage & family are not optional; they are necessary. They meet man's deepest needs". Marriage provides a person an opportunity for a secure & protected satisfaction of his needs for companionship, affection & sexual expression. It involves the most intimate type of emotional relationship between two individuals (Coleman, 1964). Many marriages suffer because the two partners fail to develop a relationship which is characterized by mutual acceptance, trust, care, concern, love, and admiration &

sharing of role responsibilities. The term marital adjustment refers to the adjustment which every individual comes across after his marriage.

Researchers have not agreed upon the use of any one term. To describe the seemingly same phenomenon, some have used the terms “marital quality”, “marital satisfaction”, and “marital happiness”. Robert Lewis and Graham Spanier have defined marital quality as “a subjective evaluation of a married couple’s relationship” (1979, p.269) – a concept similar to that of “marital adjustment”. There have been numerous definitions of “marital adjustment” and “marital quality” (Spanier and Cole,1976), and it may not be fruitful to attempt to define the concept in a sentence or two. Rather, the following description of the factors that constitute marital adjustment or quality may prove more meaningful.

The success in marriage is said to depend partly on finding the right person & partly on being the right person (Ruch,1970). But the mere fact that two persons are suited to each other does not guarantee that they will make a successful marriage. They must learn to live together to share, accommodate, compromise, adjust & plan together. One is required to develop a proper attitude, skill & temperament to be successful in marriage. Ruch (1970) rightly says that being the right person is more a matter of becoming the right person. This implies considerable change in their personalities they bring with them at the time of marriage. In short, a good marriage does not simply happen; it has to be worked out (Stone & Stone, 1967)

**Conceptual Issues:** Scientists have long been interested in understanding which factors contribute to success in marriage and which to failure. As early as the 1920s, Gilbert Hamilton (1929) conducted research on marital satisfaction by using thirteen clusters of questions. In 1939, Ernest Burgess and Leonard Cottrell published *Predicting Success or Failure in Marriage*, in which they systematically discussed marital adjustment. They defined adjustment as “the integration of the couple in a union in which the two personalities are not merely merged, or submerged, but interact to complement each other for mutual satisfaction and the achievement of common objectives”.

Since Burgess and Cottrell’s formulation, scientists have examined extensively the factors constituting marital adjustment. Although there has been no consensus among researchers, factors constituting marital adjustment include agreement, cohesion, satisfaction, affection, and tension. Agreement between spouses on important matters is critical to a well-adjusted marriage. Though minor differences may broaden their perspectives, major differences between the spouses in matters such as philosophy of life, political orientations, and attitudes toward gender roles are detrimental to marital adjustment.

In addition, agreement on specific decisions about family matters must be reached in good accord. Marital cohesion refers to both spouses’ commitment to the marriage and the companionship experienced in it. In a well-adjusted marriage, both spouses try to make sure that their marriage will be successful. They also share common interests and joint activities. In a well-adjusted marriage, both spouses must be satisfied and happy with the marriage. Unhappy but long-lasting marriages are not well-adjusted ones. Spouses in well-adjusted marriages share affection and it is demonstrated as affectionate behaviour. Finally, the degree of tension in a well-adjusted marriage is minimal, and when tension arises it is resolved amicably, probably in discussion, and the level of tension and anxiety is usually low

**Review of literature:**

**S. Farhana Kazmi et al. (2010)** studied the association between marital adjustment and economic resources. Results indicated that economic resources play significant role in marital adjustment. Significant difference exists between economic resources of working and non-working women. Non-working married women have to face more economic problems in their married life as compared to working married women and consequently they faced more stress and less adjusted. Working women are more martially adjusted as compare to non-working women.

**Nathawat and Mathur (1993)** did a study in India about marital adjustment and subjective well-being in Indian-educated housewives and working women. Their results indicated that working women had better marital adjustment and subjective well-being. Working women reported high scores on general health, life satisfaction and self-esteem measures & lower scores on hopelessness, insecurity and anxiety whereas the housewives had lower scores on negative affect than the working women.

**Nemecheck and et al (2010)** conducted a study on 'Five-factor personality similarity and marital adjustment', significant quadratic relationships were found for marital adjustment and partner – for three domains 1) Greater marital adjustment was reported by husbands 2) When partners were similar on depression, wives reported greater marital adjustment 3) Greater marital adjustment occurred for wives when they scored lower than their husbands on self-consciousness.

**Koydemir, Selda, and others (2008)** conducted a study on, 'Conflict Behaviours and Marital Adjustment in Turkish Couples'. Results showed that husbands reported more competing behaviour for their spouses than for themselves, wives reported more avoiding behaviour for their spouses than for themselves.

**Dave(2015)**conducted a study on marital adjustment among working and non-working women. And the study was found that there is significant difference in marital adjustment among working and non-working women.

**Jamabo and Ordu (2012)**, show that both working and non-working-class women exhibit no clear difference in their marital adjustment. The educational attainment of women does not affect their marital adjustment. Women who are low of low-income status exhibit the same degree of marital adjustment as those of higher economic status.

**Srivastava(1986)**conducted a study on Marital Adjustment among Patients with Depression. Beck Depression Inventory-II and marital adjustment inventory were used for the study. A sample of 60 depressive patients (30 male and 30 female) with diagnosis of ICD10 were purposively selected for the study. Findings revealed that there are significant marital problems among depressive patients with males reporting comparatively more marital problems.

**Dandona(2017)**conducted a study on marital adjustment and depression of working and non-working married women. The main purpose of the research was to find out the difference in marital adjustment and depression of working and non-working married women. The total sample consisted of 200 working and non-working married women. The marital adjustment questionnaire and mental depression scale were used for collection of data. Results indicated that employment status affect significantly on depression of married women. And also, there was negative correlation found between marital adjustment and depression of working and nonworking married women.

## Objectives of the study

- To study marital adjustment among working women and non-working women.

## Hypotheses of the study

- There would be significant difference in marital adjustment among working women and non-working women.

## Variables

### 1. Independent variable

- Working women.
- Non-working women.

### 2. Dependent variable

- Marital adjustment

**Sampling procedure:** Purposive sampling Technique was used to select the sample.

**Sample size:** sample size of 150 respondents comprising of seventy-five each of working and non-working women was selected.

**Tools:** To carry out the present study the following tools were used, Marital Adjustment Questionnaire: (1976) by Dr. Pramod Kumar and Dr. (Km) Kanchana Rohatgi.

The present questionnaire has 25 items. There are two categories of responses 'Yes' or 'No' for each item. A 'Yes' response is assigned a score of 1 except for items 4, 10 and 19 in which case reverse is applicable. The sum of these values gives the marital adjustment score for the husband or wife. Since the responses contributing towards marital adjustment are given a score, the higher the total score, the higher would be the marital adjustment of the husband or wife.

**Procedure:** In this study the above scale was used to assess marital adjustment of working and non-working women. The study was conducted in Nasik city for a sample of 150 women, 75 women working as school teachers and 75 non-working women were selected by using purposive sampling method. Prior to the administration of marital adjustment questionnaire, proper rapport was established with the respondents and they were informed that their responses would be kept confidential. After that the questionnaires were given to each participant individually and were asked to give their responses according to their choices.

**Data Analysis:** In the present study an attempt is made to analyse the collected data by using statistical technique such as Mean, SD, 't' value and graphical representation.

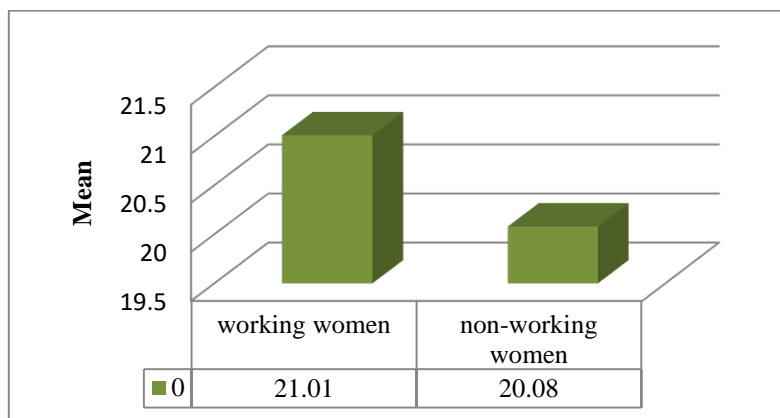
**Results and discussion:****Table 1****Mean scores of working and non-working women**

| Group             | Mean  |
|-------------------|-------|
| working women     | 21.01 |
| non-working women | 20.08 |

The table no. 1 shows that working women are more satisfied in their marriage than non-working women.

**Table 2****Showing the Mean, SD and 't' value of marital adjustment among working women and non-working women**

| Group             | N  | Mean  | SD   | t    | Significant level     |
|-------------------|----|-------|------|------|-----------------------|
| working women     | 75 | 21.01 | 2.19 | 2.31 | P value equals 0.0222 |
| non-working women | 75 | 20.08 | 2.71 |      |                       |

**Graph 1:****Showing Mean values of marital adjustments among working women and non-working women**

**Level of marital adjustment:** The marital adjustment of working and non-working women was analysed using the Marital Adjustment Questionnaire: (1976) by Dr. Pramod Kumar and Dr. (Km) Kanchana Rohatgi. Reveals Significant Difference of working and non-working woman. Table no. 1 showing Clearly there is significant difference between the mean scores of working and non-working women. The working woman received higher mean score 21.01 as compared to the non-working woman 20.08. Table no.2 showing the standard deviation score of working woman received 2.19 and the non-working woman received

2.71. and 't' test value is 2.31 which is significant at 0.02 level. The results indicated that there is a significant difference in Working and nonworking women.

## Conclusion

We can conclude by data analysis as follows:

There is significant difference in marital adjustment among working and non-working women. In comparison to non-working women, working women are more adjusted.

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